Oregon’s potato harvest runs from mid-July to October.

The average American eats 140 pounds of potatoes per year.

Potatoes are usually grown from “seed potatoes,” which are either small potatoes or pieces of potatoes.

During the California gold rush, surplus potatoes were transported by mule from Oregon to feed the hungry miners in California.

Nutrients found in Potatoes
- Potatoes are a good source of vitamin B6, which helps the body turn food into energy.
- Potatoes are an excellent source of vitamin C, which helps maintain a healthy immune system.
- Potatoes are also a good source of potassium, which is important for healthy brain and muscle function.